

Report on the Celebration of International Yoga Day at St. Philomena's College, Mysore

Date of Event: 21 June 2026; **Time:** 08:00 am to 10:00 am;

Venue: College Auditorium, St. Philomena's College, Bannimantap, Mysore

Organized by: Internal Quality Assurance Cell (IQAC), Department of MBA
& Department of MCA

Theme: Yoga for Healthy Ageing

1. Introduction

The 12th International Day of Yoga was celebrated across the globe on 21 June 2026 under the theme "Yoga for Healthy Ageing," highlighting the role of yoga in promoting physical vitality, mental resilience, and holistic wellness across all stages of life. The theme underscored the importance of adopting yoga as a lifelong practice for healthy, active, and dignified ageing. In keeping with this global observance, St. Philomena's College, an autonomous ISO 17020 certified institution accredited by NAAC, approved by AICTE, and affiliated with the University of Mysore organized a special Yoga Day celebration at its campus auditorium.



The college, established in 1946 and celebrating its Oak Jubilee Year, has a longstanding commitment to holistic education that nurtures not only academic excellence but also physical and mental well-being. The Internal Quality Assurance Cell (IQAC), in collaboration with the Department of MBA and the Department of MCA, took the initiative to commemorate this significant day, reinforcing the institution's dedication to

fostering health and wellness among its faculty, staff, and students.

2. Inaugural Session and Welcome

The event commenced at 8:00 AM in the college auditorium, with the gathering of faculty members, staff, and students from various departments. The serene morning atmosphere provided an ideal setting for the yoga session, allowing participants to connect with their inner selves and embrace the principles of yoga.



The program was formally inaugurated with a welcome address by **Dr. Deepa V.**, Co-Coordinator of the Internal Quality Assurance Cell. In her address, Dr. Deepa emphasized the significance of International Yoga Day and the importance of integrating yoga into daily life. She spoke about how yoga transcends being merely a physical exercise—it is a discipline that integrates the mind, body, and spirit, fostering overall well-being. She further highlighted that

Mysuru has a rich historical connection with modern yoga, tracing back to the teachings of the renowned yoga guru T. Krishnamacharya, who was invited by the erstwhile Mysore ruler Nalwadi Krishnaraja Wadiyar to teach yoga in the city.

3. Yoga Demonstration by Ms. Shilpa K.S.

The highlight of the event was a comprehensive yoga demonstration conducted by **Ms. Shilpa K.S.**, a Certified Yoga Instructor from "Yogadarshanam," Mysore. Yogadarshanam is recognized as one of the oldest and most trusted yoga institutes in Mysore, renowned for its high-quality Yoga Teacher Training programs rooted in the lineage of classical yoga. The institute offers certified courses recognized by Yoga Alliance, including specialized training in Hatha Yoga, Ashtanga Vinyasa Yoga, yoga therapy, and meditation.



Ms. Shilpa began the session with a brief introduction to the philosophy and principles of yoga, explaining how the practice originated in ancient India and has evolved into a global movement for health and wellness. She elaborated on this year's theme, "Yoga for Healthy Ageing," explaining that regular yoga practice can help individuals maintain good health, flexibility, and mental clarity even in old age. She quoted Prime Minister Narendra Modi's

message that "age does not reduce human potential; yoga can help human life to aspire for growth".

The demonstration included a series of asanas (postures), pranayama (breathing techniques), and meditation practices suitable for participants of all age groups and fitness levels. Ms. Shilpa guided the participants through:



- **Warm-up exercises** to prepare the body for the asanas
- **Surya Namaskar** (Sun Salutation), a sequence of 12 postures that evolved through the teachings of Krishnamacharya in Mysuru
- **Standing asanas** such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Trikonasana (Triangle Pose)
- **Seated asanas** including Sukhasana (Easy Pose), Padmasana (Lotus Pose), and Vajrasana (Thunderbolt Pose)
- **Pranayama techniques** such as Anulom Vilom (Alternate Nostril Breathing) and Bhramari (Humming Bee Breath)
- **Meditation and relaxation** techniques to calm the mind and reduce stress

Throughout the session, Ms. Shilpa emphasized the importance of performing asanas with proper alignment and breathing, ensuring that participants could practice safely and effectively. She also addressed individual queries and provided modifications for participants with specific physical conditions.

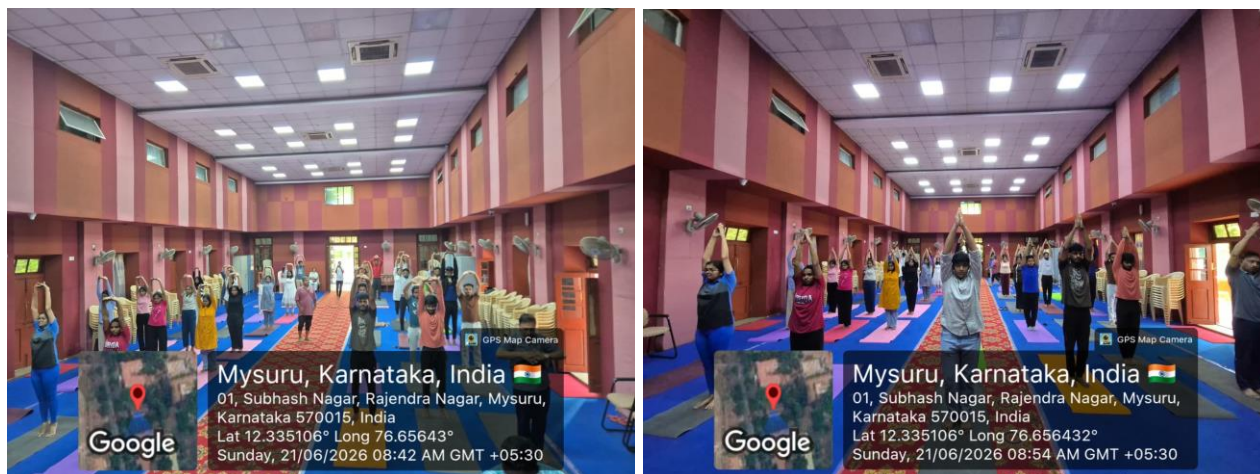
4. Significance of the Theme: "Yoga for Healthy Ageing"

The 2026 International Yoga Day theme, "Yoga for Healthy Ageing," was a central focus of the event. This theme addresses one of the most significant challenges of the modern era—ensuring healthy, active, and dignified lives for the ageing population. Ms. Shilpa explained that yoga plays a vital role in helping people lead healthy, active, self-reliant, and mentally resilient lives as they age.

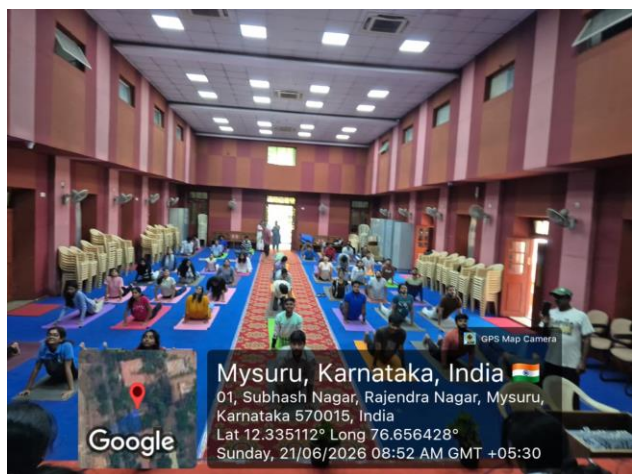
The theme emphasizes that yoga is not restricted to any age group; it is an expression of the human spirit that can be practiced throughout one's lifetime. Regular practice of yoga

enhances physical health, mental well-being, emotional resilience, and contributes to an improved quality of life. The demonstration thus served as a practical introduction to how participants could incorporate yoga into their daily routines to reap these lifelong benefits.

5. Participant Engagement and Response



The event witnessed enthusiastic participation from faculty members, staff, and students of the MBA and MCA departments, as well as other departments of the college. Participants spread their yoga mats across the auditorium floor and followed the instructions of Ms. Shilpa with dedication and focus. The collective energy in the hall was palpable, as participants moved in synchrony through the asanas, creating a spectacle of discipline and wellness. The active participation of the Director - AICTE programs, **Prof. Narayanarao Suresh** of St. Philomena's College (Autonomous), Mysore was one of the highlights of the event.



Many participants expressed their appreciation for the session, noting how it helped them experience the calming and rejuvenating effects of yoga. Several faculty members remarked that such initiatives are essential for promoting mental health and stress management, particularly in the demanding academic environment. Students shared that the session inspired them to consider incorporating yoga into their daily schedules, recognizing its potential to enhance concentration, reduce anxiety, and improve overall well-being.

6. Concluding Session and Vote of Thanks

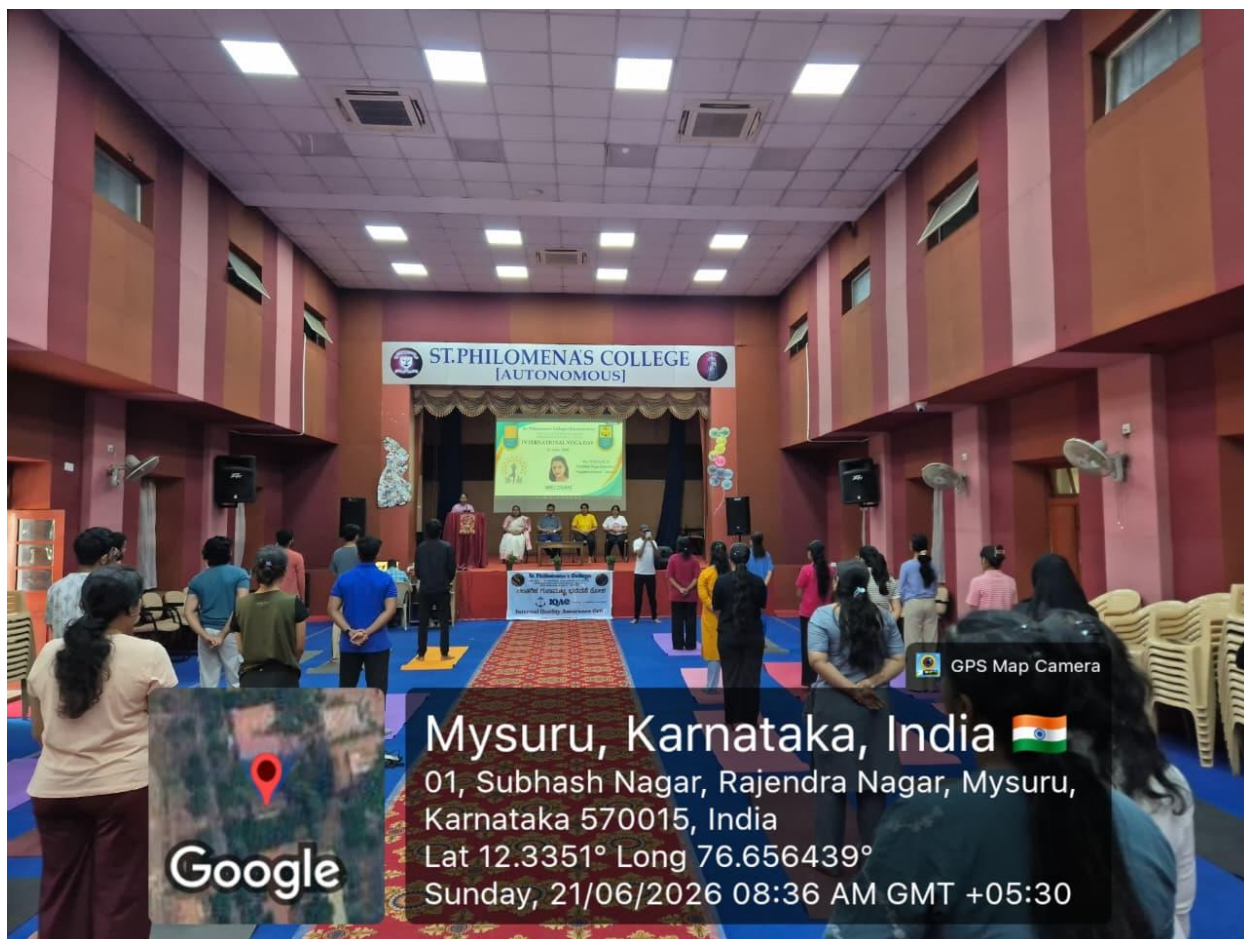
The event concluded with a vote of thanks proposed by **Ms. Reena Mol V.U.**, Organising Secretary. She expressed gratitude to the college administration, the Rector Rev. Dr. Lourdu Prasad Joseph, Principal-Dr. Ravi JD Saldanha, and Finance Officer-Rev. Fr. Roshan S., for their support and encouragement in organizing the event. She also thanked **Mr. A. Thomas Gunaseelan**, Convener of the program and the IQAC Coordinator and **Dr. Deepa V** Coordinator of the event and the IQAC Co-Coordinator for their efforts in coordinating the event.

Special appreciation was extended to **Ms. Shilpa K.S.** for her insightful and engaging yoga demonstration, which left a lasting impression on all participants. Ms. Reena Mol also acknowledged the active participation of the faculty, staff, and students, emphasizing that the success of the event was a testament to the college community's commitment to holistic well-being.

Dr. Deepa V., in her closing remarks, reiterated the college's commitment to organizing such wellness initiatives in the future. She encouraged everyone to make yoga a part of their daily lives, not just on International Yoga Day but throughout the year. She noted that the college's celebration was part of a larger movement across Mysuru, where yoga sessions were organized at nearly 180 locations, with over one lakh people participating in yoga demonstrations across the city.

7. Conclusion

The International Yoga Day celebration at St. Philomena's College on 21 June 2026 was a resounding success. The event not only commemorated the 12th International Day of Yoga but also served as a meaningful platform to promote health, wellness, and mindfulness within the college community. The demonstration by Ms. Shilpa K.S. provided participants with practical tools to incorporate yoga into their daily lives, aligning with the global theme of "Yoga for Healthy Ageing."



St. Philomena's College, with its rich legacy spanning eight decades, continues to uphold its commitment to holistic education that nurtures the physical, mental, and spiritual well-being of its students and staff. The collaborative effort of the Internal Quality Assurance Cell, the Department of MBA, and the Department of MCA in organizing this event reflects the institution's proactive approach to fostering a culture of wellness and self-care.

As Prime Minister Narendra Modi aptly stated, "Yoga brings people together". The event at St. Philomena's College exemplified this spirit of unity and collective well-being, bringing together members of the college community in a shared journey toward health, harmony, and holistic development. The college looks forward to continuing such initiatives and contributing to the global movement that has made yoga a shared heritage of humanity.

Report Prepared By: Internal Quality Assurance Cell (IQAC)

Date: 22 June 2026

Place: St. Philomena's College, Bannimantap, Mysore - 570015